



THE SCOOP

**Clearwater Senior Community Center
921 Janet Ave Clearwater, KS 67026
620-584-2332
commcenter@sktc.net**

APRIL CLARIFICATION

By Fran Kentling

A “money-saving tips” story in the March Active Aging (which was also in the April SCOOP) had incomplete information. In doing research for the article, a staff member at the Central Plains Area Agency on Aging visited

www.seniordiscount.com Kroger. It states that it has a Senior Citizen Reward Club, but it is not available in all stores in all areas.

The staff member then spoke to a manager at her Wichita Dillon's store. Dillon's is a Kroger subsidiary. He gave her Kroger's customer service 800 number to inquire about Sedgwick, Harvey and Butler counties.

The Kroger customer service representative said yes, that those 55 plus can receive a 5% discount each Wednesday in Kansas stores, and then gave her instructions on how a customer could sign up for the discount.

When many of our readers attempted to take advantage of the program they were told only Pratt and Leavenworth Dillon's stores offer this discount in Kansas.

Sheila Lowrie, associate communications/engagement/media relations manager for Dillon's Stores asked Active Aging not to please the March edition of Active aging in their stores Because of the incorrect information. We will be back in the racks in April. Joe Grieshaber, Hutchinson, president of Dillon's Stores, said he didn't know how the discount program started in Pratt and Leavenworth. “It was before my time.” He added that he didn't anticipate expanding that discount to the other Kansas stores. “We choose to lower the prices for everyone, not for just one group or another,” he said. “We put our investment in prices. Lower prices get a big lift in responses.

Continued on page 4

INSIDE THIS ISSUE:	
Upcoming Events	Pg 2, 4
Recipe	Pg 3
Lunch Report	Pg 6
Calendars	Pg 7, 8

MAY BIRTHDAYS

“All the world is a birthday cake, so take a piece, but not too much!”

Judy Freed 5/01	Mary Stafford 5/11	Max Tjaden 5/24
Charles Steen 5/02	Virginia Burt 5/13	John Davis 5/25
Jim McMinn 5/03	Lee Steen 5/15	Lois Slabach 5/26
Anita McMillan 5/04	Wayne Dunn 5/18	Joyce Haivala 5/27
David Coon 5/04	Babetta Smith 5/22	Gene Eason 5/27
Cheryl Kunkel 5/05	Millie Whitlow 5/22	Norma Watts 5/28
Waymie Pearson 5/09	Laura Papish 5/22	Mary Kosmach 5/29



UPCOMING EVENTS

Schedule of Events

- 5-3 Music at the Center
- 5-6 Planning meeting
- 5-13 Carry In Lunch
- 5-15 Trip to Aviation Museum
- 5-22 Cooking Class
- 5-17 Biscuits & Gravy
- 5-23 BINGO

"Music at the Center"

Come enjoy some great entertainment. We will have music by "The Drifters." There will also be an open mic at intermission if you would like to play a song or two. Bring a snack to share. If you have questions you can contact John Chitwood at 620-456-2373

Date: Saturday May 3rd
Time: 7pm-9pm
Location: Main Room at Center
Cost: Free



Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. We ask that everyone brings in a dish to share and a plate and utensils. The event is free but donations are accepted.

Date: Tuesday May 13th
Time: 12:00 noon
Location: Main room at Center
Cost: Free but donations for meat are appreciated.

Biscuits & Gravy breakfast

All you can eat Biscuits & gravy made by Center volunteers. This is open to ALL age groups. It is a nice place to come feed the family when you don't feel like cooking.

Date: Saturday May 17th
Time: 7am-10am
Location: Main Room at Center
Cost; \$4 for adults & \$2 for kids

Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.

Date: Every Monday
Day: Monday
Time: 1pm-3pm
Location: Art & Crafts room
Cost: Free



Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg. All ages welcome!

Date: Every Tuesday & Friday
Time: 8:45 am
Location: Centers Main Room
Cost: \$8 per month



Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday
Time: 10 am – 12 noon
Location: Center Main Room
Cost: Free



Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning
Time: 9:00 am—until you are done
Location: Centers Main Room
Cost: donations for coffee



BIBLE STUDY

Pastor Whitlow will be leading a Bible Study on Mondays here at the Center. He will be starting with the book of Luke

Date: Every Monday
Location: Craft Room
Time 9:30 am



CONTINUED ON PAGE 4

CAULIFLOWER TOTS

Ingredients:

2 cups cooked cauliflower florets, finely chopped *see note

1 large egg

1 large egg white

1/2 cup onion, minced

3 tbsp minced fresh parsley

1/2 cup reduced fat sharp cheddar cheese, grated

1/2 cup seasoned bread-crumbs

salt and pepper to taste

cooking spray

Directions:

*to cook the cauliflower florets, steam a little over 2 cups raw cauliflower florets in a little water covered for 4 to 5 minutes or until tender but not mushy, then drain well and dry on paper towel, then using a knife finely chop and set 2 cups aside. Preheat oven to 400°F. Spray a nonstick cookie sheet with cooking spray. In a medium bowl, combine all of the ingredients and season with salt and pepper to taste. Spoon 1 tablespoon of mixture in your hands and roll into small ovals. Place on the cookie sheet and bake for 16-18 minutes, turning halfway through cooking until golden. Makes about 32 - 34 tots



BITS & PIECES

COMPUTER AREA

The center offers computers for members to use. You can come in and type up a document, send an email, or just surf the web. You can come into the Center anytime Monday through Friday from 8:00 am to 2:00 pm. The center also offers free wifi.

SQUARE DANCING

Square Dancing has completed their class for the season. Thank you to all the people who came out and took part in

making this class such a success. The class will pick back up again in the Fall.

HOSPICE VOLUNTEER

Harden Hospice is still looking for volunteers in the Clearwater area who may be interested in helping with some Hospice patients. This is a great way to give back to your community. They are currently needing 2 people in the Clearwater area. For more information contact

Randall Turner at 316-559-2049.

SAFE HOUSE NEEDS

Betty Jo Embry who works with the Safe House in Wichita, KS, states that there is a need for small snack items that homeless children can put in their back packs. If you would like to donate some items they may be dropped off at the Senior Center.

“Volunteers don't just do the work, they make it work!”

-Carol Pettit

MUSIC AT THE CENTER



The first ever “Music At The Center” was a huge success. We had a total of 70 people who attended and the music was amazing! John Chitwood and “The Drifters” put on a great show. If you are interested in joining in the next show will be on Saturday, May 3rd at 7:00 pm. Bring a snack and come early because it fills up quick.



City of Clearwater Senior Community Center

Mission Statement:

The Clearwater Senior/Community Center is here to provide, maintain, and expand to the Community the social, educational, physical, nutritional, health, recreational, spiritual, and intellectual well being of each senior in our community.

Goals:

1. Keep and Maintain a warm and friendly center.
2. To increase the activities and growth at the Center.
3. To maintain the newsletter promoting all activities at the Center.

Objectives:

1. Improve community involvement by newsletter, telephone, email, TV access channel with information on all Senior Activities.
2. Implement new ideas, programs, and activities as they develop.
3. Maintain and keep accurate records of attendance.
4. Maintain current facility and plan for growth.

Staff

Clearwater Senior Community Center

Pamela Riggs,
Director

Farol McMillan
Administrative Assistant

Advisory Committee Members

Terry Sullivan - Chairperson
Joan Fleming - Co-Chair
Barbara Hufford – Member at Large
James Charles - Member at Large
Marlene Hand - Member at Large

Planning Committee Members

Vacant- Chairperson
Vacant - Co-Chair
Marlene Parret - Secretary
Cheryl Wright – Member at Large
Vacant – Member at Large
Farol McMillan - RSVP Program

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UPCOMING EVENTS

BINGO

We will be attempting to do our BINGO again this month. We have changed the day and time to see if it better fits schedules. Stop by and play for a chance to win some fun prizes!



Date: Friday May 23rd
Time: 1pm
Cost: .25 cents per card

Cooking Class

Kyle Huxford with the Clearwater Nursing Home will be here again to lead a cooking class. Bring your appetite!

Date: Thursday May 22nd
Time: noon
Location: Centers Main Room
Cost: Free



Trip to the Aviation Museum

Date: Thursday May 15th
Time: 9:30 am
Cost: \$8.00 per person

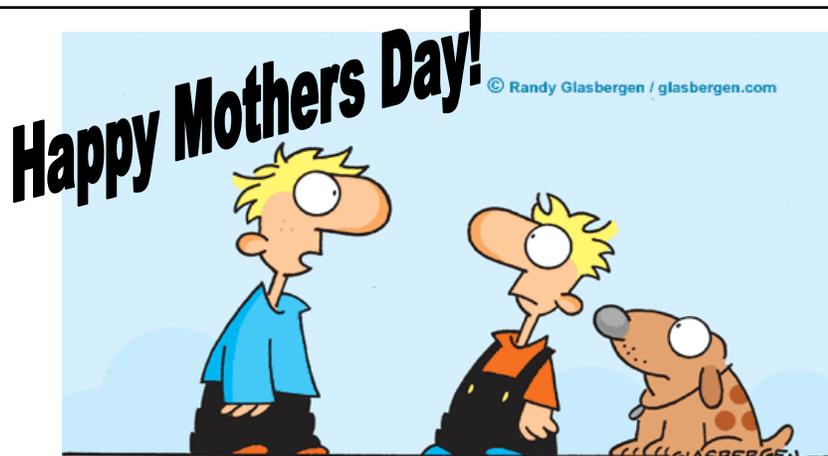


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We try to make the majority of our customers happy.”
He said the biggest thing “that seems to touch everyone” are the fuel points.

If you have any questions regarding this, please contact Fran Kentling, interim editor, at fkentling@activeagingonline.com

(This article was taken from the April 2014 Active Aging newspaper.)



“Mom is short for Mother because it wouldn’t sound right to call her Moth.”

PULL TABS FOR RONALD MCDONALD HOUSE



“Thank you for collecting pull tabs. After recycling, the money is used for families who cannot afford the modest cost to stay with us. Thank you for caring and sharing!” This was the message from the Ronald McDonald House in Wichita. This was for all the members of the Clearwater Senior Center who have saved pop

tabs and donated them. I normally go every 3 months to drop off pop tabs with them. This last time was the biggest yet. We raised 10 entire pounds of pop tabs! Great job guys! Lets keep this up and show them that our community cares. You can drop off pop tabs any-time when the Center is open, during the day or during an event. If you

could just put your name on the bag or something so we will know who donated them. Thank you all again for all you do for the community and these children!

“FREEDOM ISN'T FREE” POEM

I watched the flag pass by
one day.
It fluttered in the breeze.
A young Marine saluted it,
and then he stood at ease.
I looked at him in uniform
So young, so tall, so proud,
He'd stand out in any
crowd.
I thought how many men
like him
Had fallen through the
years.
How many died on foreign
soil?
How many mothers' tears?

How many pilots' planes
shot down?
How many died at sea?
How many foxholes were
soldiers' graves?
No, freedom isn't free.

I heard the sound of TAPS
one night,
When everything was still
I listened to the bugler play
And felt a sudden chill.
I wondered just how many
times
That TAPS had meant
"Amen,"

When a flag had draped a
coffin
Of a brother or a friend.
I thought of all the children,
Of the mothers and the
wives,
Of fathers, sons and hus-
bands
With interrupted lives.
I thought about a graveyard
At the bottom of the sea
Of unmarked graves in Ar-
lington.
No, freedom isn't free.

-Kelly Strong

“I regret that I
have but one life
to loose for my
country.”
Nathan Hale



BEAUTIFYING THE SENIOR CENTER



You may have noticed as you were driving by, the beautiful new trees that are being planted at the Senior Center. Jim and Linda Whitney of Whitney Landscape have donated the trees and the planting of them. Jim will also be maintaining them as well. This is a huge donation and will make the Clearwater Senior Community Center look so much more inviting. Thank you so much to the Whitney's. We here, at the Center appreciate all you do for us. Be sure to thank Jim and Linda next time you see them.





Senior Luncheon Tuesday April 8th, 2014

The group was called to order by Director Pamela Riggs. Marlene led the group reciting the Flag Salute and singing the National Anthem. The only birthday person present was one of our speakers, Amy Claphan. Pastor Wayland Whitlow lead in the blessing for the delicious meal. This meal included a ham which was prepared by the Center along with various side dishes. Wayland also invited everyone to attend the Bible Study he leads here at the Center on Monday mornings.

Amy Claphan was our first speaker. She spoke on investments such as money markets, CD's and annuities. She can be reached at the local Farm Bureau Insurance office.

Marlene gave a brief trivia on how "April Fools Day" got its name.

Denise Vann from the local nursing home spoke on Alzheimer's Support Group. The next meeting will be held on May 14th at the Senior Community Center. For more information she can be reached at 620-584-2271.

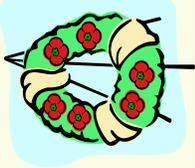
Announcements:

- The first Music at the Center was a big success with 71 people in attendance. The group performing will be at the Center the first Saturday of each month.
- We have some new trees that will soon be adding ambiance to our Centers yards. These were donated by Jim and Linda Whitney. Thanks to them.
- We are looking into different fundraiser ideas for the Center. We will have our quilt again to be raffled off at the annual August Fish Fry. We are also looking into making a Clearwater Community Center cookbook. If you have some family recipes or some of you own you would like to share we would love to include them. Please get them to Pam as soon as you can.
- Also we are still needing some people to help with out monthly Planning Committee. This committee is a group of Seniors who help plan events and come up with ideas and ways to solve problems. If you may be interested in helping us please contact Pam at the Center, Farol McMillan, Marlene Parret, or Cheryl Wright.

Marlene Parret,
Secretary

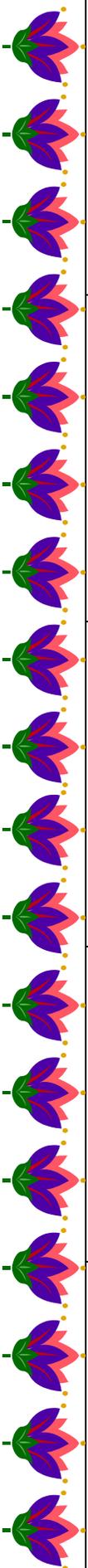


~ May 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Computer Tutoring 9am AA 7pm-9pm	2 Tai Chi 8:45 am Exercise 10:00 am	3 Music at the Center 7pm-9pm
4 	5 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	6 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9am AA/Al Anon 7-9 pm	7 Morning Coffee 9am Games 10 am	8 AA 7pm-9pm	9 Tai Chi 8:45 am Exercise 10:00 am	10
11 	12 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	13 Tai Chi 8:45 am Exercise 10:00 am Carry In Lunch noon AA/Al Anon 7-9 pm	14 Morning Coffee 9am Games 10 am	15 Trip to the Aviation Museum @ 9:30am AA 7pm-9pm	16 Tai Chi 8:45 am Exercise 10:00 am	17 Biscuits & Gravy 7am-10am
18 	19 Blood pressure ck 10am-noon Bible Study 9:30 am Painting group 1pm-3pm	20 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	21 Morning Coffee 9am Games 10 am	22 Computer Tutoring 9am Cooking Class at noon AA 7pm-9pm	23 Tai Chi 8:45 am Exercise 10:00 am BINGO at 1:00 pm	24
25 	26 Center Closed *  MEMORIAL DAY	27 Tai Chi 8:45 am Exercise 10:00 am AA/Al Anon 7-9 pm	28 Morning Coffee 9am Games 10 am	29 Computer Tutoring 9am AA 7pm-9pm	30 Tai Chi 8:45 am Exercise 10:00 am	31

GOOD NEIGHBOR NUTRITION PROGRAM MENU FOR MAY 2014
LEGEND: ☉ MAY CONTAIN TURKEY ☺ MAY CONTAIN PORK
Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MAY DAY BEEF GUMBO SOUP CALIFORNIA VEGETABLES FRUIT SLAW SUGAR COOKIES CRACKERS	 MEMORIAL DAY TACO SALAD GREEN PEAS CRANBERRY JUICE COCKTAIL TAPIOCA PUDDING	 MOTHER'S DAY SMOTHERED CHICKEN with GRAVY GARLIC MASHED POTATOES CORONADO SALAD FRUITED GELATIN WHEAT BREAD	BBQ RIBETTE on BUN PARSILED POTATOES RANCH BROCCOLI SALAD FRUITY AMBROSIA 22 Gm Fat 665 Calories 978 mg Sodium	CHICKEN & NOODLES CAPRI VEGETABLES FRUIT MEDLEY CHOCOLATE CHIP COOKIES WHEAT BREAD 22 Gm Fat 682 Calories 735 mg Sodium
24 Gm Fat 667 Calories 811 mg Sodium HAMBURGER on BUN POTATO ROUNDS BROCCOLI SALAD STRAWBERRIES & APRICOTS	31 Gm Fat 830 Calories 972 mg Sodium ROASTED TURKEY in GRAVY MASHED POTATOES COMBINATION SALAD w/DRSSG QUICK FRUIT CUP DINNER ROLL	18 Gm Fat 650 Calories 814 mg Sodium CHICKEN PRIMAVERA MEDITERRANEAN VEGETABLES CRANBERRY FRUIT MIX FRENCH BREAD	CABBAGE ROLL CASSEROLE CAPRI VEGETABLES BERRY & PEAR FRUIT MIX DINNER ROLL 17 Gm Fat 710 Calories 1008 mg Sodium	DELI TURKEY & CHEDDAR on BUN BROCCOLI PASTA SALAD FRESH DICED WATERMELON OATMEAL COOKIES 25 Gm Fat 672 Calories 652 mg Sodium
29 Gm Fat 812 Calories 772 mg Sodium CHILI CHEESE BAKED POTATO PICKLED BEETS FRESH ORANGE WHEAT BREAD	13 Gm Fat 626 Calories 1150 mg Sodium OVEN ROASTED CHICKEN GARDEN RICE PILAF SPINACH SALAD w/DRSSG CRANBERRY JUICE COCKTAIL CHOCOLATE CHIP COOKIES WHEAT BREAD	25 Gm Fat 893 Calories 824 mg Sodium HAM & BEANS w/ONIONS SPINACH FRUITED GELATIN CORNBREAD	MEATLOAF CHEESY POTATOES CORONADO SALAD FRUIT MIX w/BLUEBERRIES POTATO ROLL 27 Gm Fat 657 Calories 686 mg Sodium	SLOPPY JOE on BUN SMOKEY GREEN BEANS POTATO SALAD JELLED STRAWBERRY PEAR SALAD 25 Gm Fat 665 Calories 866 mg Sodium
18 Gm Fat 721 Calories 792 mg Sodium  CLOSED FOR MEMORIAL DAY	30 Gm Fat 816 Calories 741 mg Sodium BEEFY MAC & CHEESE STEAMED BROCCOLI & CARROTS ROSY APPLESAUCE WHEAT BREAD	12 Gm Fat 678 Calories 1112 mg Sodium SALISBURY STEAK w/GRAVY MASHED POTATOES GARDEN VEG. SALAD w/DRSSG ROSY APPLESAUCE WHEAT BREAD	27 Gm Fat 765 Calories 1163 mg Sodium TURKEY & CAVATAPPI BRISSELS SPROUTS FRESH BANANA CHOCOLATE PUDDING DINNER ROLL	26 Gm Fat 737 Calories 803 mg Sodium SPAGHETTI w/MEATS SAUCE CAPRI VEGETABLES MANDARIN ORANGES GELATIN CAKE w/TOPPING BREADSTICKS
24 Gm Fat 654 Calories 819 mg Sodium 26	24 Gm Fat 654 Calories 819 mg Sodium 27	23 Gm Fat 700 Calories 638 mg Sodium 28	20 Gm Fat 730 Calories 1018 mg Sodium 29	26 Gm Fat 901 Calories 1076 mg Sodium 30



LEW KELLOGG TRAINS WITH THE BEST!

Story provided by Lewis Kellogg

Our very own Tai Chi instructor Lewis Kellogg had the opportunity to attend a Tai Chi for Energy Seminar at Palmer Lake, CO. This seminar was directed by Dr. Paul Lam a widely recognized doctor that produced many Chinese Exercise Forms for the benefit of good health on a world wide basis. (visit their website at www.taichiforhealth.com)

This four day seminar provided Kellogg an opportunity to re-certify his Tai Chi for Arthritis and get certified for the new forms in Tai Chi for Energy. Dr Lam reported he designed these new forms because some participants wanted a little faster pace with their moves than the Sun Styles provided. He has incorporated some Chen Style moves in the new Forms The Tai Chi for Arthritis are suitable for anyone that is able to walk 100 feet with support. Many of

these exercises can be performed sitting in a chair with guidance of an instructor.

It is interesting to note the importance of these Qi Gong and Tai Chi Exercises. It has been established by Harvard Medical School, and Mayo Clinic to name a few. These exercises improve ones balance to reduce ones chance of falling by 70%, reduce chance of catching a cold by 20%, improve flexibility and range of motion while improving the mind of through mindfulness enjoyed through these moves. I should also note L In the country of Australia the government pays its Senior Citizens to attend Tai Chi Programs because of the cost savings realized by the reduction of injuries from falls and overall health improvement.

Lew is not exactly sure how he will utilize the new training. He intends to wait for the Health Fair next

month to see what interest may exist, before beginning any new program. In the meantime he will workout using this new training to help maintain his own good health and level of activity. He encourages everyone to look into the various forms of exercise available. They should research value of Chinese forms of Tai Chi and Qi Gong. While Tai Chi is sometimes considered a moving form of Yoga it should be noted Yoga can cause body injury and damage, while Tai Chi provides the slow smooth, low impact moves that stimulate the whole body and work on the inner core muscles without any bodily injury if you follow the 70% rule.



THE TINY CABIN

A tourist from the New York City area was hiking through the mountains of North Georgia when he came upon the tiniest cabin he had ever seen in his life. Intrigued, he went up and knocked on the door. "Anybody home?" He asked.



"Yep," came a kids voice through the door.

"Is your father there?" asked the tourist.

"Pa? Nope he left before Ma came in." said the kid.

"Well, is your mother there?" asked the tourist.

"Ma? Nope she left just before I got here." said the kid.

"But," protested the city slicker, "are you never together as a family?"

"Sure, nut not here," said the kid through the door.

"This is the outhouse!"

Thank you to Cindy Peitz for sharing this!



The Alzheimer's Support Group!

When: Wednesday May 14th at 5:00 pm

Where: Clearwater Senior Center 921 E
Janet

Questions: Contact Denise Vann at 620-
584-2271

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Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.



Do you have some gently used shoes lying around? We are partnering with Sedgwick Senior Center to gather used shoes to donate to the VA. They take new and like new shoes and donate them to Veterans. Please drop off shoes at the Clearwater Senior Community Center.

HEALTHY BRAIN EXHIBIT

Our brain is the control center for our body. So what can we do to keep it in the best possible condition? Find out with a poster exhibit, *10 Tips For A Healthy Brain*, on display at Clearwater Senior Community Center from May 19th to May 30th. The posters were developed by Exploration Place The Sedgwick County Science and Discovery Center, in collaboration with the Central Plains Area Agency on Aging, Wichita State University's Regional Institute on Aging, and the Alliance for Aging Research. It is being toured by the Central Plains Area Agency on Aging.

